

MILBRODALE MATTERS

Issue 14

Term 3 Week 9 Wednesday 18th September 2019

Milbrodale Public School

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Milbrodale Public School



Dear Parents/Carers

As we are approaching the end of term I would like to thank everyone for their support throughout this term. We have had many events and activities and many would not have been possible without the support of the parents and community.

Family Fun Day was another great success and I would like to say a big congratulations and thank you to all the people who worked tirelessly behind the scenes to help make the day successful. Running an event like this takes many hours of preparation and the P&C are grateful for all the support. It would be wonderful to see new families come along to the P&C meetings to see all the great ideas happening to support our school and to assist in any way possible.

As part of the schools planning cycle we are asking for parents to complete a survey run through Tell Them from Me. In the newsletter there is an information sheet for parents and the link to the survey. The results will be anonymous and the data used to inform planning into next year and beyond. It would be wonderful to have as many parents as possible complete the survey. The staff and students will also be completing surveys to gain an all-round vision for the school. The students will complete the survey at school, if you do not wish for your student to complete the survey please let Miss Kime know by Friday 20th September.

I would like to wish everyone a safe and restful holiday and we will see you all return to school on Monday 14th October.

Regards Kristen Kime Principal

Have Your Say on Before and After School Care The NSW Government is committed to providing before and after school care to all students of public primary schools in New South Wales. As part of the reform, [a parent web form](#) has been established by Service NSW that will enable parents to tell the department about their specific care needs and to stay up to date with any new developments. The information provided by parents will help the Department of Education to understand your needs, give them insights into where there are gaps in service delivery and help to ensure the extra places are delivered where they are required. Have your say today at <https://www.service.nsw.gov.au/basc>.

School Calendar

Date	Event
Thurs 19th Sept	ICAS Maths Yr 5/6
Fri 20th Sept	Bike Day
21 and 22 Sept	(Tuff Trucks)
Mon 23rd Sept	Assembly 2.30pm
Wed 25th Sept	You Can Do It Too excursion at Kirkton School
Fri 27th Sept	Learn to Swim
	Last Day Term 3
28 and 29 Sept	Singleton Show
Mon 14th Oct	First day of Term 4
Fri 25th Oct	World Teachers Day

Please send your child to school with their hat every day now that the weather is warming up. Remember No Hat = No Play.



The Yr 6 Fundraiser will continue every Friday this term



Zooper dooper	50c
Icy pole	\$1.00
Bulla crunch	\$1.50
Drumstick	\$2.00

P&C News

It was another successful Family Fun Day, and the P&C would like to thank everyone who worked so hard in the lead up and on the day. Our small dynamic team of parents, staff and extended families, pulled together to make it another memorable event. The weather was perfect, and although the crowd was lower than last year, we still managed to raise over \$5,000.00.

The FFD would not be possible without the generous support of local businesses, and our amazing team of volunteers, who gave up their time to help out, so a huge thank you to those involved for supporting our children and the future of our school. It was great to see families and friends that travelled especially for the day, and everyone's involvement from either buying tickets or entering in the challenge, to buying lunch or purchasing their goodies from the cake stall, thank you for your support.

For the full five hours on Sunday, there were a hundred unaccounted hours that went into the preparation, and the P&C would like to thank those people for their efforts that went on behind the scenes. It's what makes our school community great! :)

Have you lost something? We have a lonely silver hoop earring in the office looking for it's mate. See Julie or Shelley if it might be yours.

Our entry for the 2019 Glencore Singleton Show Scarecrow competition is coming along very well.

Meet **Captain Murray Milbrodale!**

We hope our families can come along to the show next weekend, Friday 27 and Sat 28 Sept and vote for him.

www.singletonshow.com or find us on Facebook



Milbrodale Public School Canteen Roster **Term 3 2019**

DATE	NAME
22nd July	Narelle
29th July	Kellie
5th Aug	Kellie
12th Aug	No Students
19th Aug	Linda
26th Aug	Kirsty/Kellie
2nd Sept	Kirsty
9th Sept	No Canteen
16th Sept	Lisa
23rd Sept	Linda

If you are unable to do canteen on your rostered day, please try and arrange someone to take your place or contact Narelle on 6579 4649 (before 7.00am)

TERM 3 2019 SWIMMING TRANSPORT –

Please see the ladies in the office to add your name for transport for swimming.

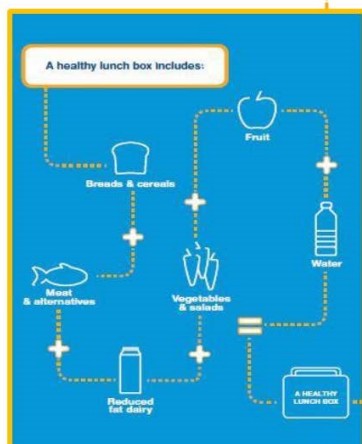
Date	Parent	No of Students	Sighted D/L & Car Rego
16 th Aug	Linda Ellison	2	Yes
16 th Aug			
16 th Aug			
30 th Aug	Narelle Harris	6	Yes
30 th Aug			
30 th Aug			
13 th Sept	Hannah	4	Yes
13 th Sept	Holly ?	2	
13 th Sept	Kirsty P	1	
27 th Sept	Narelle Harris	6	Yes
27 th Sept	Volunteers	Needed	Please
27 th Sept	Volunteers	Needed	Please

The simplest way

... to build a healthy lunch box.

A healthy lunch box contains something from each of the 5 food groups plus water.

Our chicken and veg [fried rice recipe](#) ticks off 3 of the 5 food groups. Pack it with yoghurt, some fruit and a bottle of water for a complete lunch.



For more examples and to build your own visit healthylunchbox.com.au

healthylunchbox.com.au

The simplest way

... to apply sunscreen correctly.

Sunscreen protects against the damaging effects of the sun by reducing the amount of ultraviolet (UV) rays that reach the skin.



Make sunscreen a habit:

- Use SPF 30 or higher, broad spectrum water-resistant sunscreen
- Apply 20 minutes before going outside
- Re-apply every 2 hours (or after any activity that may remove it)

Sunscreen does not block UV radiation and no sunscreen provides 100% protection. Remember to use SunSmart hats, clothing, sunglasses and seek out shade.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

The simplest way

... to use spring vegetables.

Fruit and vegetables are tastiest and cheapest when they are in season.

During Spring, mandarins, pineapples, berries, asparagus, cucumber, green beans, zucchini, mushrooms and peas are all in season.



Here are some fruit and veg filled, spring ideas:

- [Green frittata](#)
- [Fattoush salad](#)
- [Moroccan lentil salad](#)
- [Tofu Korma](#)
- [Zucchini and turmeric salmon patties](#)
- [Healthy banana split pots](#)
- [Yoghurt rice pudding](#)
- [Frozen fruit puree](#)

healthylunchbox.com.au



COME TO THE JERRYS PLAINS COMMUNITY FAIR & CAR BOOT SALE

SATURDAY 21st SEPTEMBER
8:00am - 1:00pm

Jumping Castles ★ Face Painting ★ Coffee & Cakes
BBQ & Food Stalls ★ Market Stalls ★ Trash & Treasure
Taro Card Reading - Tea leaf Reading

Jerrys Plains Recreation Grounds
Wambo St Jerrys Plains



PONY RIDES

LIVE MUSIC
with KYDA ROCK



To book a stall call
Maureen after 6pm 0413 318 666 or
Kim on 0411 288 977
email: kimsawayinusa@hotmail.com



SINGLETON STRIKERS FOOTBALL CLUB

NEW FM 100.3

SKILL DEVELOPMENT PROGRAM
NORTHERN NSW

NORTHERN LEAGUE ONE
NORTHERN NSW

TRIAL DATES for 2020 SEASON

Thursday 12th September 2019	5:00pm	U9 SAP
Thursday 12th September 2019	6:15pm	U18
Tuesday 24th September 2019	5:00pm	U10 & U11 SAP
Tuesday 24th September 2019	6:15pm	U13
Thursday 26th September 2019	5:00pm	U13
Tuesday 15th October 2019	5:00pm	U14
Tuesday 15th October 2019	6:15pm	U16
Thursday 17th October 2019	5:00pm	U15

at Alroy Oval, Singleton Heights

Players must register online
www.singletonstrikers.com.au/play-football/trials/

Check Singleton Strikers Football Club Group Facebook Page for Updates

**KING STREET PUBLIC SCHOOL
and RAINBOW BRICKS LUG
present**

UPPER HUNTER BRICK SHOW

A LEGO FAN EVENT



**SUNDAY 27 OCTOBER 2019
9AM TO 2PM
KING STREET PUBLIC SCHOOL
KING STREET
SINGLETON**

**LEGO DISPLAYS LEGO FOR SALE
FREE BUILD AREA SAUSAGE SIZZLE**

ENTRY \$5 EACH OR \$15 PER FAMILY



VACANCIES AVAILABLE | ENROL NOW

SINGLETON MOBILE PRESCHOOL

Caters for children 3-5 years of age (2 year olds are considered if places are available)
Operates at Community Halls from 8am to 3pm during school terms
Tuesday and Friday - Broke | Wednesday and Thursday - Mt Olive

FOR MORE INFORMATION

T 0428 237 851 E childcareservices@singleton.nsw.gov.au

COLLEEN GALE CHILDRENS SERVICES

Caters for children aged from 6 weeks to 6 years of age
Monday to Friday 6.30am to 6pm
All meals provided
Individual educational and school readiness programs

FOR MORE INFORMATION

T (02) 6578 7550 E childcareservices@singleton.nsw.gov.au

SINGLETON OUT OF SCHOOL HOURS CARE

Caters for children aged 4 (must be attending primary school) to 12 years
Before School 6.00am to 9am | After School 3pm to 6.30pm
Vacation Care (during school holidays) 6.30am to 6.15pm
Casual and permanent bookings available

FOR MORE INFORMATION

T (02) 6578 7588 E childcareservices@singleton.nsw.gov.au W singleton.nsw.gov.au



SCHOOL HOLIDAYS

SPRING 2019

MON 30 SEP 9am-4pm Multisports (\$37)

TUES 1 OCT 9am-4pm Multisports (\$37)
10am-3pm Creative Craze (\$50)

WED 2 OCT 9am-4pm Multisports (\$37)
10am-3pm Creative Craze (\$50)

THURS 3 OCT 9am-4pm Multisports (\$37)

FRI 4 OCT 9am-4pm Multisports (\$37) / 12pm-1pm Tramp Fun (\$15)
1pm-2pm Rec Gymnastics (\$15) / 2pm-3pm Tumbling (\$15)

MON 7 OCT PUBLIC HOLIDAY - CLOSED

TUES 8 OCT 9am-4pm Multisports (\$37)

WED 9 OCT 9am-4pm Multisports (\$37)

THURS 10 OCT 9am-4pm Multisports (\$37)

FRI 11 OCT 9am-4pm Multisports (\$37) / 12pm-1pm (\$15) Rec Gymnastics
1pm-2pm Tramp Fun (\$15) / 2pm-3pm Tumbling (\$15)

SAVE TIME AND BOOK ONLINE!
Designed for children aged 5-12 years old and runs from 9.00am-4.00pm. Cost is \$37.00 per child, per day.
SIBLING DISCOUNTS AVAILABLE. (NOT AVAILABLE ONLINE)
Please pack a water bottle, recess and lunch for your child.
Each participant must be a member of PCYC \$10 per child, per year.

PCYC CESSNOCK (02) 4991 1407
cessnock@pcycnsw.org.au
1B Short St, Cessnock

MUST BOOK FOR BOTH CREATIVE DAYS TO USE CREATIVE KIDS VOUCHER

RAINBOW BRICKS LUG



Do you have a place in your heart and home to make a difference to a child's life?

At the moment, there aren't enough foster carers to care for children in need across New South Wales. Put simply, we need more carers for all types of care.

There is a type of care to suit your family:

- **Emergency care:** A temporary haven for kids when first need a safe place to stay.
- **Respite care:** Respite carers look after children on an occasional basis to give their regular carers a break.
- **Short-term care:** Short-term carers look after children while their families work to bring them home.
- **Adoptive parents and guardians:** When kids can't return home, adoption or guardianship provides them with the safety and stability they need to thrive.

A special community awaits you.

The My Forever Family NSW program provides ongoing support, advice and training for all foster carers, guardians and adoptive parents.

Visit our website to learn more.

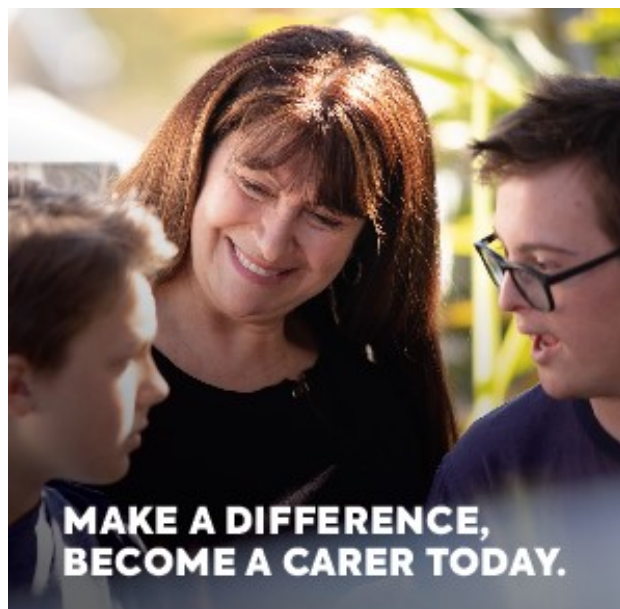
Make a difference. Become a carer

Contact My Forever Family NSW now to find out how you can become a foster carer.

CARER SUPPORT LINE
1300 782 975

Monday to Friday
9am - 5pm

CARER SUPPORT
enquiries@myforeverfamily.org.au



Same, but different kinds of families needed for foster, kinship, emergency, respite care, guardianship and adoption.

myforeverfamily.org.au | 1300 782 975

My Forever Family NSW | www.myforeverfamily.org.au

Grab the family for this celebration of fun and active living, with Civic Park in Singleton set to become an adventure playground for the whole family.

Blast will feature loads of outdoor action across three zones. Fuel up on snacks from community groups, check out the strongman competition, obstacle course, and heaps of kids activities including rock climbing, bubble soccer, Laser Tag, camel rides, jumping castles and much more. Blast is a family-friendly, inclusive event for all ages - best of all, most activities are FREE!

THE NITTY GRITTY

This year, Blast will have three zones:

Australian Strongman Competition

This competition will be run under the Australian Strongman Alliance and is a sport that showcases athletes from all over NSW to showcase their strength. The event is a qualifying round for the 2020 State Championships to be crowned NSW Strongest Man or Woman. The event will see individuals lifting various weights and objects with (fingers crossed) the pulling of a truck as a finale.

Weigh in - 8am

Strongman - 9am

Activity Zone

The centre of Civic Park will showcase a wonderful array of free activity zones including mechanical bull, air-blaster, bubble soccer, laser tag, rock climbing and camel riding. 10am - 3 pm

Obstacool course

The course will provide a series of various physical obstacles which will include running, climbing, jumping, crawling and balancing with plenty of liquid like solutions (environmentally-friendly of course) for you to run and crawl through. Participants will move through the course as an individual. The Obstacool course will cost \$10.00 per person for as many goes as possible. This \$10 participant fee is for the cost of the following; White T Shirt - Coloured headband - Coloured sweatband. 10am- 3pm - All Ages





**ALL YOU NEED IS
THIS VOUCHER!**

\$9.90*

ALL TICKETS

Bring this coupon to Majestic Cinemas
Singleton for a \$9.90 movie ticket

Valid Until: 16th October, 2019

*Conditions: coupon must be surrendered to receive ticket offer. Not valid with any other offer. Coupon valid for up to 4 tickets per use.

PH: 6 5 7 1 5 2 5 2
WWW.MAJESTICCINEMAS.COM.AU



Red Cross wants everyone in our school community to be prepared for any emergency, large or small. It has been an early start to the summer disaster season, but there are simple ways your family can be prepared.

[Three simple tools to help your family get prepared:](#)

[Create an emergency plan](#)

[Download the 'Get Prepared' app](#)

[Prepare your emergency survival kit](#)

You can't always prevent an emergency, but by being prepared families can reduce their stress and cope better afterwards. A message from Red Cross.

Tell Them From Me Surveys

This Term, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted until 25 October. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>. To access the survey for our school go to: <http://nsw.tellthemfromme.com/xz77w>

The survey is available in 23 languages.

The Milbrodale Family Funday 2019



YANCOAL
克煤澳大利亚有限公司

Thank you to Yancoal for their generous support of our family funday



The winners of the Ultimate Challenge were:

Orlando 1st and Amalie 2nd in the Primary section, Jordan 1st and Billie 2nd in the High School section.

Matthew 1st and Mike 2nd in the Men's section, Jess 1st and Amanda 2nd in the Women's section.

A special congratulations must go to the Cook family, who made it a family event with 3 winners throughout the events. Well done everyone!

The Milbrodale Family Funday 2019

